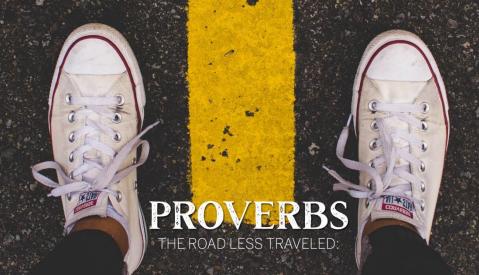
Don't Worry: Be Afraid





• To have free space in our lives, we need structure.



- To have free space in our lives, we need structure.
- Those who are strong are most able to express vulnerability.



- To have free space in our lives, we need structure.
- Those who are strong are most able to express vulnerability.
- Exercising when we are tired gives us energy.



- To have free space in our lives, we need structure.
- Those who are strong are most able to express vulnerability.
- Exercising when we are tired gives us energy.
- To be less anxious and worried, be more afraid.



Our fear of circumstances and people makes life miserable.



Proverbs 12:25

Anxiety in a man's heart weighs him down, but a good word makes him glad.



Proverbs 29:25

The fear of man lays a snare, but whoever trusts in the LORD is safe.





Relationships



- Relationships
- Health



- Relationships
- Health
- Finances



- Relationships
- Health
- Finances
- Safety



- Relationships
- Health
- Finances
- Safety
- Cultural issues



Our fear of circumstances and people is rooted in our not having control.





Relationships



- Relationships
- Health



- Relationships
- Health
- Finances



- Relationships
- Health
- Finances
- Safety



- Relationships
- Health
- Finances
- Safety
- Cultural issues



Our fear of not having control reveals how much we trust God.





• God loves us



- God loves us
- God is sovereign



- God loves us
- God is sovereign
- God is working for our good



Jonathan Edwards – God's Small and Big Lens



Faith, trust, is having confidence God's big lens exists and that He is accomplishing His purposes.



My very dear child,

What shall I say? A holy and good God has covered us with a dark cloud.

The Lord has done it. He has made me adore his goodness, that we had him so long. But my God lives; and he has my heart.

O what a legacy my husband, and your father, has left us! We are all given to God; and there I am, and love to be.

Your ever affectionate mother, Sarah Edwards





God loves us



- God loves us
- God is sovereign



- God loves us
- God is sovereign
- God is working for our good



Our fear of God will diminish our fear of everything and everyone else.



Proverbs 9:10

¹⁰ The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is insight.



Proverbs 14:26

In the fear of the LORD one has strong confidence, and his children will have a refuge.



Proverbs 19:23

The fear of the LORD leads to life, and whoever has it rests satisfied; he will not be visited by harm.



Proverbs 28:14

¹⁴ Blessed is the one who fears the LORD always, but whoever hardens his heart will fall into calamity.



Matthew 10:28

²⁸ And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.



Growing in our fear of God diminishes our fear of everything and everyone else.



Growing in our fear of God diminishes our fear of everything and everyone else.

If we want to live with less worry, anxiety and fear, the solution is to grow in our fear of God.





Ignoring



- Ignoring
- Diminishing



- Ignoring
- Diminishing
- Afraid to approach



- Ignoring
- Diminishing
- Afraid to approach



- Ignoring
- Diminishing
- Afraid to approach

Healthy fear of God:

 Frightened by His infinite righteousness, holiness and glory



- Ignoring
- Diminishing
- Afraid to approach

- Frightened by His infinite righteousness, holiness and glory
- Afraid of ignoring God



- Ignoring
- Diminishing
- Afraid to approach

- Frightened by His infinite righteousness, holiness and glory
- Afraid of ignoring God
- Awed by God's loving sacrifice



- Ignoring
- Diminishing
- Afraid to approach

- Frightened by His infinite righteousness, holiness and glory
- Afraid of ignoring God
- Awed by God's loving sacrifice
- Drawn irresistibly to God



- Ignoring
- Diminishing
- Afraid to approach

- Frightened by His infinite righteousness, holiness and glory
- Afraid of ignoring God
- Awed by God's loving sacrifice
- Drawn irresistibly to God
- Confident God is working for our good.





Admit we have limited control.



- Admit we have limited control.
- Ask God to help us have a healthier fear of Him.



- Admit we have limited control.
- Ask God to help us have a healthier fear of Him.
- Walk with someone else on the journey.



- Admit we have limited control.
- Ask God to help us have a healthier fear of Him.
- Walk with someone else on the journey.
- Share our growing healthy fear of God with others with an unhealthy fear.

